Short Note for Quick Revision

Swasthavritta

Paper – I

Rabin Singh

Nirukti of Swasthavritta :

- स्व : one's own
- स्थ : staying
- Word स्वस्थ means Being in one's own natural state i.e. Healthy
- वृत्त : regimen
- स्वस्थवृत्त means Regimens followed to keep one self healthy

Definition of Swasthavritta :

स्वस्मिन स्थाने स्वस्मिन कर्मणि
स्वसु रुपे स्थीयते तत् वृत्तं स्वस्थवृत्तम् I

Aim (प्रयोजन) of Swasthavritta :

स्वस्थस्य स्वास्थ्य रक्षणम् I
Maintenance of health and Prevention of disease

Importance of स्वस्थवृत्त :

- Prevention is better than cure

- नगरी नगरस्येव रथस्येव रथीयता I
  स्वशरीरस्य मेधावी कृत्येष्ववहितो भवेत् II

- धर्मार्थकाममोक्षणामारोग्यं मूलमुत्तमम् I

स्वास्थ्य (Health) :

स्वस्थस्य भाव: स्वास्थ्य I

स्वस्थ (Healthy) :

समदोष: समाग्निश्च समधातुमलक्रिय: I
प्रसन्नात्मेंद्रियमना: स्वस्थ इत्यभिधीयते II

स्वस्थ (आरोग्य) लक्षण :

अन्नाभिलाशो भुक्तस्य परिपाक: सुखेन च I
सृष्ट विण्मूत्र वातत्वं शरीरस्य तु लाघवम् II
सुप्रसन्नेंद्रियत्वं च सुखस्वप्नप्रबोधनम् I
बलवर्ण आयुषो लाभ: सौमनस्यं समाग्निता II
विद्यारोग्यलिंगानि विपरीते विपर्ययम् II

WHO Definition of Health:

Health is defined as "the complete state of physical, mental and social well-being and not merely an absence of disease or infirmity".

Dimensions of Health:

Physical – Mental – Social – Spiritual – Emotional – Economical – Educational – Nutritional dimension etc.

दिनचर्या

Definition of Dinacharya:

दिने दिने चर्या दिनचर्या I

Aim & Importance of Dinacharya:

शुचिता – सुप्रसन्नेंद्रियता – बल लाभ – आयुष लाभ – आरोग्यता

Daily Regimens (दिनचर्या) :

ब्राह्ममुहूर्त उत्थान : Awakening early in the morning

Brahmamuhurta is considered as 14th muhurt of night i.e. just prior to sunrise

ऊषा जलपान : Intake of water through nostrils in morning

मलत्याग : Expulsion of bodily wastes

मुख प्रक्षालन : Washing of face

दंतधावन : Brushing of teeth

- Twig selection:
  रस : कषाय, कटु, तिक्त
  द्रव्य : अर्क-न्यग्रोध-खदिर-करंज-कुकुभादिजम्
- In absence of twigs:
  Powders of त्रिफला, त्रिकटु, त्रिजातक
- Contraindications:
  नाद्याद् अजीर्ण वमथु श्वास कास ज्वर अर्दिती I
  तृष्णास्यपाक ह्यन्नेत्र शिर: कर्णमयी च तत् II

जिह्वा निर्लेखन : Scrapping of tongue

अंजन कर्म : Application of collyrium

सौवीरमंजनं नित्यं हितमक्ष्णो: प्रयोजयेत् I
पंचरात्रेSष्टरात्रे वा स्रावणार्थे रसांजनम् II

प्रतिमर्ष नस्य : Nasal drops

2 drops of medicated oil like Anu taila can be instilled in both the nostrils every day to strengthen the indriyas and to prevent jatrurdhva vikaras.

गण्डूष & कवल : Mouth wash & Gargling

ताम्बूलसेवन : Chewing of Betel leaves

धूमपान : Medicated Smoking

- First take smoke through nostrils and then through mouth, both the times smoke should be taken out through the mouth.
- Types of Dhumapana:
  1.वैरेचिक, 2.स्नैहिक, 3.प्रायोगिक

अभ्यंग : Massage

- One should massage the body with lukewarm oil, according to the season, in the direction of the body hairs.
- It is performed in 7 positions:
  1.Sitting, 2.Supine, 3.Left-lateral, 4.Prone, 5.Right-lateral, 6.Supine, 7.Sitting with legs extended to the front

- Benefits of abhyanga:
  अभ्यंगमाचरेन् नित्यं स जराश्रमवातहा I दृष्टिप्रसादपुष्ट्यायु:
  स्वप्नसुत्वक्त्वदार्ढ्यकृत II

शिरोSभ्यंग : Massage of Head with lukewarm oil
पदाभ्यंग : Massage of Feet with lukewarm oil

उद्वर्तन : Powder Massage

- Massaging the body with soft, fragrant powder in the opposite direction of the body hairs.

- Benefits of udvartana:
  उद्वर्तनं कफहरं मेदस: प्रविलायनम् I
  स्थिरीकरणं अंगानां त्वक्प्रसादनकरं परम् II

उत्सादन : Massage with unctuous paste (paste of herbs along with oil)

व्यायाम : Exercise

- Definition:
  शरीरचेष्टा या चेष्टा स्तैर्यार्था बलवर्धिनी I देह व्यायाम संख्याता मात्रया तां समाचरेत् II
- Features of Proper Exercise:
  स्वेदागम-श्वासवृद्धि-गात्रलाघवं-हृदयाद्युपरोध
- Benefits:
  लाघव-कर्मसामर्थ्य-स्थैर्य-दोषक्षय-दु:खसहिष्णुता-अग्निवृद्धि

चक्रमण : Walking (mild exercise)

स्नान : Bathing

अनुलेपन : Anointment

वस्त्र धारण : Clothing

उष्णीष धारण : Wearing of turban

रत्न-आभूषण धारण : Jewelry etc.

मध्याह्नचर्या : Regimens followed in afternoon
One should listen to interesting stories with his friends.

रात्रिचर्या

The five acts are **contraindicated** in the evening (**संध्याकाल**), if not followed then they can result in following consequences:

1. आहार → व्याधिकारक
2. मैथुन → गर्भ-विकृतिकारक
3. निद्रा → निर्धनताकारक
4. अध्ययन → आयुर्हानिकारक
5. मार्गगमन → भयकारक

Regimens to be followed in night:

- **अध्ययन :** Study

- **भोजन विधि :** One should have dinner in प्रथम प्रहर of रात्रि after proper cleansing.
  Less in quantity and light food should be taken, as compared to day time.

- **भोजनोत्तर कर्म :** प्रक्षालन(Washing), चंक्रमण(Walking), ताम्बूलसेवन(Betel-chewing) etc.

- **अंजन – धूमपान :** Collyrium & medicated smoking

- **मैथुन : :** One should practice sexual act according to season and rules mentioned in classics.

- **शयन :** Shayyasana (bed) should be श्रमानिलहर, निद्राकर, सुख, पुष्टीकारक and वृष्य.

ऋतुचर्या

Definition:

ऋतुचर्या हि शीतोष्ण वृष्टिदोषप्रतिक्रिया I

Classification of Season:

Season (ऋतु)	Month (मास)		Predominant रस
1. शिशिर	Jan 15 to March 15	माघ-फल्गुण	कषाय
2. वसंत	March 15 to May 15	चैत्र-वैशाख	तिक्त
3. ग्रीष्म	May 15 to July 15	ज्येष्ठ-आषाढ	कटु
4. वर्षा	July 15 to Sep 15	स्रावण-भाद्रपद	अम्ल
5. शरद	Sep 15 to Nov 15	अश्विन-कार्तिक	लवण
6. हेमंत	Nov 15 to Jan 15	मार्गशीर्ष-पुष्य	मधुर

Sushruta excluded Shishira ritu and included Pravrit ritu. प्रावृट् ऋतु comes in between ग्रीष्म & वर्षा .

Adana kala & Visarga kala:

आदान-काल	विसर्ग-काल
उत्तरायण	दक्षिणायण
आग्नेय	सौम्य
शिशिर-वसंत-ग्रीष्म	वर्षा-शरद-हेमंत
अल्प बल (Strength reduced)	उत्तम बल (Strength enhanced)
Uttama bala in Shishira Madhyama bala in Vasanta Alpa bala in Greeshma	Alpa bala in Varsha Madhyama bala in Sharad Uttama bala in Hemanta

Sanchaya-Prakopa-Prashamana of Dosha acc. to ritu:

	संचय	प्रकोप	प्रशमन
वात	ग्रीष्म	वर्षा	शरद
पित्त	वर्षा	शरद	हेमंत
कफ	शिशिर	वसंत	ग्रीष्म

Rabin Singh

Doshashodhana in ritucharya:

In वसंत ऋतु → तीक्ष्ण वमन & तीक्ष्ण नस्य to expel कफ

In वर्षा ऋतु → वमन विरेचन निरुह अनुवासन बस्ति to expel aggravated त्रिदोष, especially वात

In शरद ऋतु → विरेचन रक्तमोक्षण to expel पित्त

Regimen to be followed in different ritus:

ऋतु	आहार	विहार
हेमंत ऋतु	स्निग्ध, अम्ल, लवण, औदक & आनूप मांस, मदिरा, शीधु, मधु	प्रात:भोजन, गुरु & उष्ण वस्त्रधारण, आतपसेवन अभ्यंग, उत्सादन, मूर्धतैल, व्यायाम
शिशिर ऋतु	हेमंत ऋतुचर्या	
वसंत ऋतु	कफहर-आहार, पुराण यव, गोधूम,, शरभादि मांस, शीधु, माध्विक	कफशोधनार्थ वमनादि पंचकर्म, व्यायाम, उद्वर्तन, धूमपान, कवल, अंजन
ग्रीष्म ऋतु	मधुर, शीत, द्रव आहार शीतल & शर्करायुक्त मंथ, जांगल मांसरस, घृत, दुग्ध	शीतल गृह, दिवास्वप्न, रात्री मे चांदनी शयन, Avoid exercise and excessive coitus
वर्षा ऋतु	लघु, उष्ण आहार, मधुर, अम्ल, लवण, स्निग्ध, पुराण यव, गोधूम, यूष, माहेंद्र जल	प्रघर्षण, उद्वर्तन, स्नान, गंधमाला, क्लेदविरहित स्थान पर आवास
शरद ऋतु	मधुर, लघु, शीतल, तिक्त पित्तशामक आहार शालि, गोधूम, यव, जांगलमांस, हंसोदक पान	पुष्पो की माला, निर्मल वस्त्र धारण, चंदनादि अनुलेपन, विरेचन, रक्तमोक्षण

हंसोदक : Pure Water

(utilized for drinking, bathing etc. in Sharad ritu)

तप्तं तप्तांशुकिरणै: शीतं शीतांशुरश्मिभि: I
समंतादप्यहोरात्रं अगस्त्योदय निर्विषम् II
शुचि हंसोदकं नाम निर्मलं मलजिज्जलम् II

ऋतुसंधि : The Last week of present season and first week of next season together is called as ritusandhi. One should withdraw the regimen of previous season gradually, and adopt the regimen of next season gradually.

यमदंष्ट्रा : Last 8 days of कार्तिक month & first 8 days of मार्गशीर्ष are called as यमदंष्ट्रा (Teeth of Yama).
अल्पभुक्तोहि जीवित: one will be healthy if he consumes light food.

ऋतु हरीतकी :

वर्षा ऋतु → हरीतकी + सैंधव
शरद ऋतु → हरीतकी + शर्करा
हेमंत ऋतु → हरीतकी + शुण्ठी
शिशिर ऋतु → हरीतकी + पिप्पली
वसंत ऋतु → हरीतकी + मधु
ग्रीष्म ऋतु → हरीतकी + गुड़

सदवृत्त

Codes of Conducts:

- Proper utilization (सम्यक् योग) of indriyas
- Avoid प्रज्ञापराध
- Worship & respect देव-गुरु-ब्राह्मण
- Rules regarding Hygiene
- Rules regarding Speech
- Rules regarding Diet
- Rules regarding Urges
- Rules regarding Relation with Females
- Rules regarding Study
- General Rules etc.

रसायन

लाभोपायो हि शस्तानां रसादिनां रसायनम् I
(Examples: हरीतक्यादि रसायन, त्रिफला रसायन, शिलाजतु, च्यवनप्राश)

आचार रसायन

सत्यवादिनं अक्रोधं निवृत्तं मद्यमैथुनात् I
अहिंसकं अनायासं प्रशांतं प्रियवादिनम् II
जपशौचकरं धीरं दाननित्यं तपस्विनम् I
देवगोब्राह्मणाचार्यगुरुवृद्धार्चने रतम् II
आनृशंस्यपरं नित्यं नित्यं करुणवेदिनम् I
समजागरणस्वप्नं नित्यं क्षीरघृताशिनम् II

अधारणीय वेग

वेगान्न धारयेत् वात-विट्-मूत्र-क्षव-तृट्-क्षुधाम् I
निद्रा-कास-श्रमश्वास-जृम्भा-अश्रु:-छर्दि-रेतसाम् II

धारणीय वेग

धारणीय मानसिक वेग → लोभ-शोक-भय-क्रोध-मान-निर्लज्य-ईर्ष्या-अतिराग
धारणीय वाचिक वेग → अनृत-परुष-अत्यधिक-अकालवचन-सूचक
धारणीय शारीरिक वेग → हिंसा-अस्तेय-परपीडा-परस्त्रीभोग

अष्टनिंदित पुरुष

अतिदीर्घ-अतिह्रस्व-अतिलोमा-अलोमा-अतिकृष्ण-अतिगौर-अतिस्थूल-अतिकृश

त्रयोपस्तम्भ

त्रय उपस्तम्भा इति – आहार: स्वप्नो ब्रह्मचर्यमिति I

आहार

निरुक्ति : आह्रियते इति आहार: अन्नपानादि सर्व I

स्वरुप : पांचभौतिक

प्रमुखत्व : Superiority / Importance :

- आरोग्यं भोजनाधीनं (Health s dependent on food)
- It is possible to make a person disease-free with just proper diet.
- कर्म (Functions) of आहार :
  प्रीणन-सद्योबलवर्धक-देहधारक
  आयु-उत्साह-स्मृति-ओज-अग्नि वर्धक

वर्गीकरण (Classification) :

- ➔ On the basis of आहारत्वं : 1 type
- ➔ On the basis of Source (योनीभेद) : 2 types: स्थावर – जांगम
- ➔ On the basis of Effect (प्रभावभेद) : 2 types: हितकर – अहितकर
- ➔ On the basis of Potency (वीर्यभेद) : 2 types: उष्ण वीर्य – शीत वीर्य
- ➔ On the basis of Usage (उपयोगभेद) : 4 types: भक्ष्य – लेह्य – अशन – पान
- ➔ On the basis of पंचमहाभूत : 5 types: पार्थिव-आप्य-तैजस-वायव्य-नाभस आहार
- ➔ On the basis of (षडरस) : 6 types: मधुर-अम्ल-लवण-कटु-तिक्त-कषाय आहार
- ➔ On the basis of (अष्टवीर्य) : 8 types: शीत-उष्ण-स्निग्ध-रुक्ष-गुरु-लघु-मृदु-तीक्ष्ण
- ➔ On the basis of (गुर्वादिगुण) : 20 types
  गुरु-लघु शीत-उष्ण स्निग्ध-रुक्ष मंद-तीक्ष्ण स्थिर-सर मृदु-कठिन विशद-पिच्छिल श्लक्ष्ण-खर सूक्ष्म-स्थूल सांद्र-द्रव
- ➔ चरक has classified Ahara dravyas in 12 groups:
  शूकधान्य-शमीधान्य-मांसवर्ग-शाकवर्ग-फलवर्ग-हरितवर्ग-मद्यवर्ग-जलवर्ग-दुग्धवर्ग-इक्षुवर्ग-कृतान्नवर्ग-आहारोपयोगी वर्ग

आहार विधि विधान :

Rules regarding time (आहार काल) →

- Two times a day (morning & evening)
- One should take food after digestion of previous meal, and when he feels hungry.

Rules regarding quantity (आहार मात्रा) →

- One should take food in proper quantity according to his अग्निबल.

One should avoid:

अध्यशन : Intake of food before digestion of previous meal

विषमाशन : Intake of less or more food at irregular time

समशन : Intake of wholesome & unwholesome food together

द्वादश अशन प्रविचारण :

सुश्रुत has explained 12 types of ahara according to agnibala-arogya-roga etc.

→ शीत-उष्ण-स्निग्ध-रुक्ष-द्रव-शुष्क-एककाल-द्विकाल-औषधयुक्त-मात्राहीन-दोषप्रशमन-वृत्यर्थ

अष्ट आहार विधि विशेषायतन :

1. प्रकृति : Nature of food
2. करण : Method of processing
3. संयोग : Combination
4. राशि : Quantity
5. देश : Place
6. काल : Time
7. उपयोगसंस्था : Dietetic rules
8. उपयोक्त्र : Person who takes food

पथ्य आहार : षष्टिक शालि, रक्त शालि, मुद्ग, गोधूम, माहेंद्र जल, सैंधव, जीवंती, जांगल मांस (एण, लावा, गोधा), रोहित मत्स्य, गोघृत, गोदुग्ध, तिलतैल, शुण्ठी, द्राक्षा, शर्करा etc.

अपथ्य आहार : यवक, माष, नदी जल in वर्षा, ऊषर, सर्षप, गोमांस, माहिष वसा, चिल्चिम मत्स्य, अवि क्षीर-घृत, कुसुम्भ तैल, फाणित etc.

आहार वर्ग :

1. **शूकधान्य** : रक्तशालि-षष्टिक-यव-गोधूम
2. **शमीधान्य** : मुद्ग-माष-कुलत्थ-तिल-आढकी-मसूर-चणक
3. **मांसवर्ग** : (आनुप&जांगल) अजामांस-कुक्कुटमांस-गोमांस-मत्स्यमांस
4. **शाकवर्ग** : पटोल-कारवेल्लक-कूष्माण्ड-वृन्ताक-सर्षप-शिग्रु-मेथिका
5. **फलवर्ग** : द्राक्षा-दाडिम-कपित्थ-जम्बु-आम्र-बिल्व
6. **हरितवर्ग** : आर्द्रक-मूलक-पलाण्डु-लशुन
7. **मद्यवर्ग** : सुरा-वारुणी-आसव-अरिष्ट
8. **जलवर्ग** : गंगाम्बु-समुद्राम्बु, दिव्य-भौमजल
9. **दुग्धवर्ग** : गोदुग्ध-माहिष-अजा-अवि-उष्ट्री-हस्तिनी-अश्व-स्त्री, तक्र-घृत
10. **इक्षुवर्ग** : इक्षुरस-फाणित-शर्करा
11. **कृतान्नवर्ग** : मण्ड-पेया-विलेपी-ओदन-यूष-सक्तू-मांसरस
12. **आहारोपयोगी वर्ग** : शुण्ठी-पिप्पली-मरिच-हिंगु-सैंधव-त्रिफला

Sushruta has explained द्रवद्रव्य वर्ग & अन्नद्रव्य वर्ग.

द्रवद्रव्य वर्ग : जलवर्ग-क्षीरवर्ग-दधिवर्ग-तक्रवर्ग-घृतवर्ग-तैलवर्ग-मधुवर्ग-इक्षुवर्ग-मद्यवर्ग-मूत्रवर्ग

अन्नद्रव्य वर्ग :शालिवर्ग-कुधान्यवर्ग-मुद्गादिवर्ग-मांसवर्ग-फलवर्ग-शाकवर्ग-पुष्पवर्ग-कंदवर्ग-लवणवर्ग-कृतान्नवर्ग-भक्ष्यवर्ग-अनुपानवर्ग

तैलवर्ग : तिलतैल-सर्षप तैल-

मधुवर्ग : माक्षिक-भ्रामर-क्षौद्र-पौत्तिक

कंदवर्ग : विदारीकंद-वाराहकंद-श्रृंगाटक-सूरण

Nutrients: are organic & inorganic complexes contained in food, which are necessary for the body growth, development & maintenance.
Nutrients are divided into two major categories:

1. **Macro nutrients:**
   Proteins-Carbohydrates-Fats
2. **Micro nutrients:**
   Vitamins-Minerals

Proteins: are complex organic substances containing carbon, hydrogen, oxygen, nitrogen and sulphur (C, H, O, N & S) in different amounts. Their smaller units are Amino acids. **Carbohydrates:** are made of carbon, hydrogen & oxygen (CHO) such as sugars, starch, and cellulose. They are rich source of energy.
Fats: are made of triglycerides and fatty acids. They are solid at room temperature.

Nutrients	Source	Deficiency
Proteins	**Egg**, milk, meat, fish, pulses, cereals, nuts	PEM (Marasmus, Kwashiorkor)
Carbohydrates		Kitosis, Hypoglycemia
Fats	**Ghee**, **butter**, meat, fish, milk, oil, invisible fats in pulses, nuts etc.	Phrenoderma
Vitamin A (retinol)	Liver, fish, milk, cheese, butter, leafy vegetables, **carrot**	Xerophthalmia (Night-blindness, Bitot's spot)

Nutrients	Source	Deficiency
Vitamin D (kidney hormone)	Milk, egg, liver, fish liver oil, **sunlight**	Rickets in children, Osteomalacia in adults
Vitamin E (Tocopherol)	Vegetable oil, sunflower oil, egg yolk, butter	Hemolytic anemia
Vitamin K	K1- vegetables, fruits K2- synthesized by bacteria in intestine	Delayed clotting time
Vitamin B1 (thiamine)	Whole grain cereals, **rice**, wheat, gram, yeast	Beri beri
Vitamin B2 (Riboflavin)	Sprouted grains, green vegetables, milk, egg, liver, kidney	Blurred vision, Cataract, Dermatitis
Vitamin B3 (Niacin)	Liver, kidney, meat, poultry, fish, legumes	Pellagra
Vitamin B6 (Pyridoxine)	Whole grains, legumes, milk, liver, meat	Dermatitis of eyes, nose & mouth
Vitamin B12 (Cyanocobalamine)	Only animal sources- milk, liver, kidney, meat, fish, egg	Macrocytic anemia
Folic acid	Dairy products, liver, meat, fruits, cereals	Macrocytic anemia
Vitamin C (Ascorbic acid)	Only vegetables- Citrus fruits, **goose berry**, lemon, orange	Scurvy

Composition of milk:
Carbohydrates (Lactose etc.), Fats, Protein (Casein etc.), Vitamins (All Vitamins except Vit.C), Ash(Minerals) etc.

Milk hygiene:
Hygienic condition during the milking & storing of milk is very important to prevent contamination.

Milk borne diseases:
Diseases caused by milk contaminated with bacteria, viruses etc.: Typhoid, Paratyphoid, Diarrhea, Cholera, Tuberculosis, Food poisoning etc.

Pasteurization of milk:
Acc. to WHO pasteurization is defined as "heating of milk to such temperature & for such period of time as are required to destroy any pathogen that may be present while causing minimal changes in the composition, flavor & nutritive value".
Methods : 1. Holder (Vat) method
2. HTST (High temperature short time) method
3. UHT (Ultra high temperature) method

Food borne diseases:
Diseases caused by food contaminated with bacteria, viruses, parasites or toxins: Food poisoning, Nausea, Vomiting, Diarrhea, Stomach cramp, Gastroenteritis, Cholera etc.

Food fortification: is the addition of key vitamins and minerals (e.g. iron, folic acid, iodine, vitamin A, and zinc) to staple foods to improve their nutritional content.

Adulteration: mixing other matter of an inferior and sometimes harmful quality with food and drink intended to be sold.

निद्रा

Definition:

यदा तु मनसि क्लांते कर्मात्मन: क्लमान्विता: I
विषयेभ्यो निर्वतन्ते तदा स्वपति मानव: II

Benefits: (nidra-swasthya sambandha)

निद्रायत्तं सुखं दु:खं पुष्टि: कार्श्यं बलाबलम् I
वृषता क्लीबता ज्ञानमज्ञानं जीवितं न च II

Types: seven types:

1. तमोभवा : due to tamas guna
2. श्लेष्मसमुद्भवा : due to aggravation of kapha
3. मन: श्रम सम्भवा: due to mental exhaustion
4. शरीर श्रम सम्भवा : due to physical axhaustion
5. आगंतुकी : due to exogenous cause
6. व्याध्यनुवर्तिनी : due to disease
7. रात्रिस्वभावा : Natural sleep at night

Effects of Ratri jagarana: रुक्षता (वातप्रकोपक)

Effects of Divaswapna: स्निग्धता (कफप्रकोपक)

Divaswapna:

दिवास्वप्न is contraindicated. It increases snigdhata in the body and aggravates the kaphadosha.
One should not sleep in day time.

Indications for day-sleep :
Divaswapna is indicated for following conditions:
गीत-अध्ययन-मद्य-स्त्री-कर्म-भार-अध्व कर्षिता: those who are emaciated by singing, study, alcoholic drinks, sexual act, panchakarma, carrying heavy weights, waking long distance etc.
अजीर्ण-क्षतक्षीण-वृद्ध-बाल-अबला: those who are suffering from indigestion, phthisis, etc. Day sleep is indicated for old person, children or weak person.

Anidra: Sleeplessness or insomnia is caused by तीक्ष्ण शोधन, रक्तमोक्षण, भय, चिंता, क्रोध, अतिव्यायाम, उपवास, असुख-शय्या etc.
It leads to headache, heaviness in eyes, drowsiness, and body ache.

Atinidra: increased Tamo guna or aggravated kapha can cause atinidra.

Ahara-vihara causing disturbed sleep: अतिरुक्ष-लघु आहार- अनशन-विषमाशन-चिंतन-शोक-अतिव्यायाम- मिथ्यायोग of इंद्रियाs

Ahara-vihara causing sound sleep: मधुर-स्निग्ध-सात्म्य आहार-शालि withदधि-क्षीर पान-मद्यपान-अभ्यंग-उत्सादन-स्नान-मन:सुखम्

ब्रह्मचर्य

Definition:

ब्रह्मचर्य शब्देन इंद्रियसंयम सौमनस्य प्रभृतयो ब्रह्मज्ञानानुगुणा गृह्यन्ते I

अब्रह्मचर्य : अब्रह्मचर्य-सम्भोग: II

Importance of Brahmacharya: Celibacy gives longevity of life, strength, success, fame & attractiveness. It provides peace & purity of mind.

Importance of Abrahmacharya: If a person controls his indriyas in excess and his desire of copulation is not fulfilled, then he may develop many diseases like Meha, Medovriddhi, Shithilata, and Manasika vikaras.

व्यवाय सम्बन्धी नियम : One should practice sexual act according to season and rules mentioned in classics, only with his wife. Avoid it during inauspicious day, during morning & evening etc.

Woman suitable for intercourse (वृष्यतमा स्त्री): अतुल्यगोत्रा – सुरूपा – यौवनावस्था – स्वस्थ - शुद्ध – स्नाता – शिक्षिता etc.

Effects of अतिव्यवाय :

शुक्रक्षय-वीर्यनाश-दौर्बल्य-क्लीबता-वातव्याधि-क्षय-काश्र्य-आयुह्रास

वीर्यनाश फल : क्लीबता-अहर्षण-दौर्बल्य-मुखशोष-पाण्डु-सदन-श्रम-शुक्राविसर्ग

Methods of वीर्यरक्षा : One should follow brahmacharya, if married he should perform sexual act during ritukala, only with his wife.

Intake of क्षीर processed with शुक्रल, जीवनीय, बृंहण द्रव्याs enhances the शुक्र.

पथ्य- शालि, गोधूम, क्षीर, घृत, कुक्कुटाण्ड, कुक्कुटमांस, जांगल मांसरस etc.

वाजीकरण द्रव्याs : कपिकच्छू, माष, अश्वगंधा, शिलाजतु, शतावरी etc.

Menstrual hygiene: Effective menstrual hygiene is vital to the health, well-being, mobility and productivity of women and girls.

योग

➔ युज्यतेअनेन इति योग: I
That which unites atma with paramatma.

➔ योग: चित्तवृत्ति निरोध: I
Cessation of mental modifications due to mind, intellect & ego.

➔ चित्तवृत्तिs : प्रमाण-विपर्यय-विकल्प-निद्रा-स्मृति

Types of Yoga:
राजयोग-हठयोग-मंत्रयोग-लययोग-ज्ञानयोग-कर्मयोग-भक्तियोग

Rajayoga: One endowed with knowledge about eternal soul (nitya) & non eternal body (anitya), conquers unhappiness produced due to *Trigunas ie. satva, rajas & tamas* and *Tribhavas ie. raga, dvesha & trishna* by his spiritual power, philosophical power and gains victory over *Chittavritti*. This is called *Rajayoga*.

Hathayoga: With the help of gross body control of *Chittavritti* by the practice of *Pranayama, Asana* etc. by a strong person is called as *Hathayoga.*

Gyanayoga: The person devoid of *Irshya, Dvesha, Kama, Krodha* etc. gets unite with *Paramatma* by gaining knowledge about self ie. *Atmagyana*.

Karmayoga: One should always perform his duties without any expectation of fruit, it should not be happen that one does not do any work.

योग प्रयोजन (Aim) : योगो मोक्षप्रवर्तक: I

योगाभ्यास प्रतिबंधक भाव :

अत्याहार (over eating) –प्रयास (over exertion) –प्रजल्प (talkativeness) – नियमग्रह (adhering to rules)

-जनसंग (company of people) –लौल्य (unsteadiness)

योगाभ्यास सिद्धिकर भाव :

उत्साह (enthusiasm) –साहस (courage) –धैर्य (patience) –तत्त्वज्ञान (knowledge) –निश्चय (determination) –जनसंगपरित्याग (no company of people)

पंचकोष : Five Sheaths

1. अन्नमय कोष Sheath for food stuff
2. प्राणमय कोष Sheath for energy
3. मनोमय कोष Sheath for mind
4. विज्ञानमय कोष Sheath for wisdom
5. आनन्दमय कोष Sheath for bliss

अष्टांग योग

यम-नियम-आसन-प्राणायाम-प्रत्याहार-धारण-ध्यान-समाधि

यम : (Abstinence)

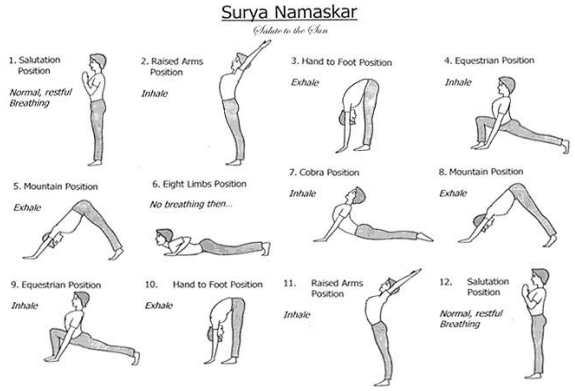
अहिंसा-सत्य-अस्तेय-ब्रह्मचर्य-अपरिग्रह

नियम : (Observance)

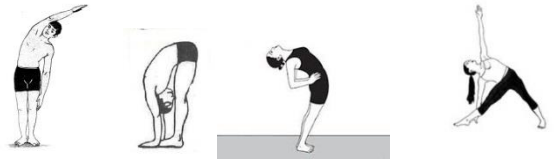
शौच-संतोष-तपस्-स्वाध्याय-ईश्वर प्रणिधान

आसन : (Postures): स्थिरं सुखं आसनम् ।

सूर्यनमस्कार : प्रणामासन-हस्तोत्थानासन-पादहस्तासन-अश्वसंचालनासन-पर्वतासन-अष्टांगनमस्कार-भुजंगासन- पर्वतासन- अश्वसंचालनासन-पादहस्तासन-हस्तोत्थानासन-प्रणामासन

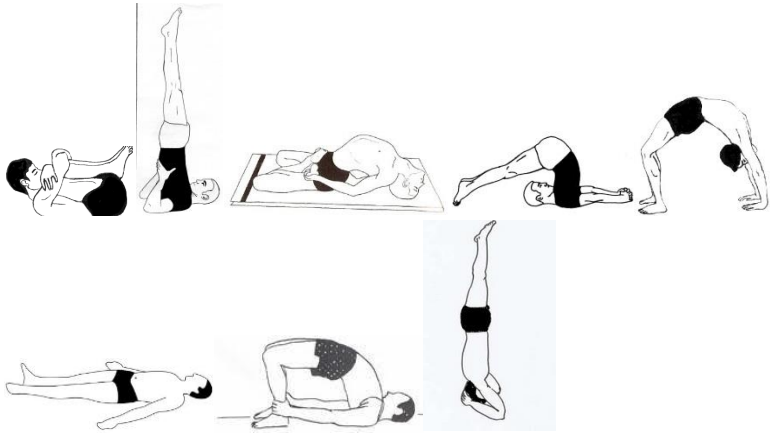


Standing postures: अर्धकटिचक्रासन – पादहस्तासन – अर्धचक्रासन – त्रिकोणासन



Sitting postures: स्वस्तिकासन – गोमुखासन – पद्मासन – वज्रासन – भद्रासन – शशांकासन – सिंहासन – उष्ट्रासन – पश्चिमोत्तानासन – सुप्तवज्रासन –अर्धमत्स्येन्द्रासन – सिद्धासन

Supine postures: पवनमुक्तासन – सर्वांगासन – मत्स्यासन – हलासन – चक्रासन – शवासन – सेतुबंधासन – शीर्षासन



Prone postures: भुजंगासन – शलभासन – धनुरासन – मकरासन – मयूरासन

प्राणायाम : (Breathing exercise)

प्राणस्य आयाम: प्राणायाम:

Stages:

रेचक – पूरक - कुम्भक (आभ्यंतर & बाह्य कुम्भक)

Types of Pranayama:

सूर्यभेदन – उज्जयी – सीत्कारी – शीतली – भस्त्रिक – भ्रामरी – मूर्छा – प्लावनी

Benefits of Pranayama:

मलशोधन – नाडीशुद्धि – सर्वरोगक्षय

Features of नाडीशुद्धि :

कायस्य कृशता – कांति – दीप्ताग्नि – आरोग्य

नाडीशोधन प्रणायाम : sit in padmasana- Jalandhar bandh- anuloma-viloma-kumbhaka in mula bandha

Rabin Singh

प्रत्याहार : (Control over sensory faculties)

धारण : (Concentration)

ध्यान : (unbroken flow of awareness/ meditation)

1. सगुण ध्यान
2. निर्गुण ध्यान

समाधि : (oneness with the mediated object)

1. सम्प्रज्ञात समाधि
2. असम्प्रज्ञात समाधि

षट्कर्म :

Regular practice of Shatkarma leads to purification of the body.

1. **धौति :** help in clearing the impurities of the body
   - अन्तर्धौति – वात सार, वारि सार, वह्नि सार, बहिष्कृत
   - दंतधौति – दंत मूल, जिह्वा मूल, कर्णरंध्र, कपाल रंध्र
   - हृदधौति – वस्त्र धौति, दण्ड धौति, वमन धौति
   - मूलशोधन
2. **बस्ति :** जलबस्ति – स्थलबस्ति
3. **नेति :** सुत्रनेति – जलनेति
4. **नौलि :** Moving stomach & intestines
5. **त्राटक :** continuously looking at some small object till eye tears.
6. **कपालभाती :** वामकर्म –व्युत्कर्म – शीत्कर्म

अष्टसिद्धि :

1. आवेश
2. चेतसोज्ञान
3. अर्थानां छन्दत: क्रिया
4. दृष्टि:
5. श्रोत्रं
6. स्मृति:
7. कांति:
8. स्वेच्छ्या अदर्शनं

षड्चक्र :

मूलाधार – स्वाधिष्ठान – मणिपुर – अनाहत – विशुद्ध – आज्ञाचक्र

बंध & मुद्रा :

महाबंध : मूलबंध + जालंधरबंध

मूल बंध : contract anus & perineal muscles

जालंधर बंध : keep chin on the chest

उड्डियान बंध : lift the diaphragm & pull the abdominal organs towards back

नैष्ठिकी चिकित्सा

चिकित्सा तु नैष्ठिकी या विनोपधाम् ।

- Devoid of उपध (desires).
- Liberation of miseries

Desire is the root cause for all miseries. Sacrifice of all desires is the factor to vanish all miseries. An intelligent person avoids the objects, considering them as dangerous fire.

Rabin Singh

निसर्गोपचार

(Naturopathy)

Body has vital capacity, which can cure diseases by nature

The healing power of nature → Vismedicatrix naturae

Naturopathy believes in treating the diseases produced by nature by natural way i.e. utilizing five elements found in nature- water, mud, sun, air, fasting & exercise etc.

History:

- Philosophy was used in the Hippocratic School of medicine of about 400 BC. They used term Vismedicatrix naturae.
- The term 'Nature Care' was coined in 1895 by Dr. john School of New York.

पंचमहाभूत सिद्धांत :

Mud-therapy → पृथ्वी महाभूत
Hydrotherapy → जल महाभूत
Heliotherapy → अग्नि महाभूत
Air-bath → वायु महाभूत
Fasting → आकाश महाभूत

Hydrotherapy

Father of Hydrotherapy: Lui Kuhne

Importance of water: it is universal solvent – inexpensively available in large quantity – non toxic – soothing – it promptly absorbs and holds heat etc.

Principles of Hydrotherapy:

- Local use of warm water causes relaxation of muscular tissue and dilatation of blood vessels thus enhancing the local blood circulation.
- Local use of cold water causes contraction of blood vessels etc.

Usage of water in hydrotherapy:
Internal: drinking – enema – steam inhalation
External: bathing – compression – pack

Bathing:
On the basis of temperature: hot – cold – alternate - neutral
On the basis of body part: whole body – localized
Localized: Sitz bath – spinal bath – head bath – foot bath etc.

Steam bath: full body steam bath - steam inhalation – immersion bath – sauna bath
Whirlpool bath: bath in moving (current) of hot water

Mud therapy

Mud pack / mud mask – mud bath – internal use

Yellow mud → contains sulphure- skin conditions
Black mud → poisoning
White mud → neuro, hepatic
Red mud → fatigue – pain – rheumatic conditions
Sandy mud → snake bite - gastroenteritis

Heliotherapy

Importance of Sunlight: it is prime source of energy -
Most vital element required for all living beings – Vitamin D is synthesized by skin in presence of sun light etc.

Types of Sun-bath:
Morning sunbath – Mild sunbath – Waking sunbath – Trunk pack sunbath – Whole pack sunbath – Kuhne's sunbath

Massage

Systemic rubbing or manipulating/ handling of various body parts with certain materials or without them is known as massage.

Types of massage:

On the basis of system:
1.Ayurvedic, 2.Sweedish

On the basis of material used:
Oil – Powder – Paste – Dry massage

Swedish massage has 7 movements:
Touch – Stroking –Friction – Kneading – Percussion - Vibration – Joint movements

Importance of massage:
Relieves the pain due to swelling or sprain – Enhances blood circulation – Eliminates toxins and waste products from the body – improve neurological health etc.

Diet therapy

Diet is the particular selection of food and drink that is consumed (either eaten or drunk) to maintain life, provide energy, promote growth etc.

Positive food: Primary food- vegetables & fruits-alkaline in nature, light & easily digestible contains fibers, acts as laxative.
Negative food: Secondary food- cereals, grams, nuts, milk, egg etc.-acidic in nature, heavy to digest, contains less amount of fibers, constipating.

Fasting

Fasting is defined as complete intentional abstinence from consuming any kind of food articles for a specific time-frame, in order to provide rest to digestive system.

Benefits of fasting: elimination of toxins – cessation of numerous digestive disorders – reduction in deposited fat- weight loss etc.

विश्राम चिकित्सा (Relaxation)

Relaxation/ Rest therapy: Lying down in shavasana – meditation – sleeping – sitz bath – spinal bath – listening to music – pursuing hobbies etc.

Benefits: reduction in metabolic rate of the body – reduction in blood pressure – regaining strength – enthusiasm – happiness etc.